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January is Thyroid Awareness Month

MedNet Thyroid Awareness Newsletter

January 2025 Edition

Prioritize Your Thyroid Health

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As we step into the new year, MedNet kicks off **Thyroid Awareness Month** this January. The thyroid gland, though small, plays a critical role in regulating essential functions in your body, including metabolism, energy levels, and overall health.

This month, let's shed light on thyroid health and explore how you can take proactive steps to support this vital gland.



The Importance of Thyroid Health

The thyroid is a butterfly-shaped gland located in your neck that produces hormones influencing every cell in your body.

When the thyroid doesn't function properly, it can lead to a variety of health issues, including weight changes, fatigue, mood disturbances, and even cardiovascular problems.

Early detection and proper management are essential to maintaining thyroid health.

Most Important Things You Need to Know About Thyroid Health

Common Thyroid Disorders

1

- **Hypothyroidism** An underactive thyroid leads to symptoms such as fatigue, weight gain, and cold intolerance.
- **Hyperthyroidism** An overactive thyroid causes symptoms like weight loss, anxiety, and heat sensitivity.
- **Thyroid Nodules** Lumps that may form in the thyroid and require monitoring for potential malignancy.
- **Thyroid Cancer** While rare, early detection is critical for effective treatment.

Symptoms to Watch For

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- Sudden changes in weight
- Unexplained fatigue or nervousness
- Changes in heart rate
- Hair thinning or loss
- Swelling in the neck

Risk Factors

3

- Family history of thyroid disease
- Autoimmune conditions such as Hashimoto's or Graves' disease
- Iodine deficiency or excess

Thyroid Screening

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Regular screening is especially important for women, individuals over 60, and those with a family history of thyroid disorders

How to Protect Your Thyroid Health

- **Regular Checkups** Schedule routine thyroid function tests, especially if you notice any symptoms. Blood tests like TSH (Thyroid Stimulating Hormone) and T4 are common and effective in diagnosing thyroid disorders.
- **Balanced Diet** Consume foods rich in iodine, selenium, and zinc, such as seafood, nuts, whole grains, and eggs. Avoid excessive intake of processed foods or soy-based products.
- **Stay Active** Regular exercise helps regulate metabolism and overall hormonal balance.
- **Manage Stress** Chronic stress can impact thyroid function. Practice mindfulness, meditation, or yoga to reduce stress levels.
- **Avoid Smoking** Smoking contains substances that can interfere with thyroid hormone production.

Thyroid-Healthy Foods to Include in Your Diet

Support your thyroid health with these nutrient-rich foods

- **Seafood** Fish like salmon, cod, and shrimp provide iodine, which is crucial for thyroid function.
- **Nuts and Seeds** Brazil nuts are an excellent source of selenium, which supports thyroid hormone metabolism.
- **Dairy Products** Milk and yogurt are great sources of iodine and Vitamin D, which are beneficial for thyroid health.
- **Fruits and Vegetables** Include antioxidant-rich foods like berries, spinach, and kale to support immune and thyroid function.
- **Whole Grains** Brown rice, quinoa, and oats offer fiber, which helps manage metabolism.

Let's make Thyroid Awareness
Month a time for learning, action,
and health empowerment.

Together, we can ensure a
healthier future for everyone.

MedNet Team



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